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STAY CONNECTED

- Sign up for parish emails at www.tinyurl.com/SJEemails
- See What's Happening, read sermons, and more on St. John's website, <u>www.StJohnsStPaul.org</u>
- Like our Facebook page at www.facebook.com/stjohnsstpaul
- Read our blog, Epistles and Epiphanies, at epistlesandepiphanies.wordpress.com
- View archived worship services and formation classes on St. John's YouTube channel at www.tinyurl.com/youtubeSJE
- Access our online directory and parishioner portal, My St. John's, at www.tinyurl.com/SJEportal.
- Stay connected on the go with our app! Download it in the <u>Apple Store</u> or <u>on Google Play</u> (search for "Church by Ministry One.")



ON THE COVER:

St. John's parishioners enjoyed food and fellowship while touring the Forest Lake farm of some of our Farmers' Market sellers. See page 8 for more.

We welcome your contributions!

You are always encouraged to submit reflections and articles.

In fact, this issue has an article about a musical performance (see page 4) that we wouldn't have had at all if the writer hadn't reached out to share it with us! Thank you, Nancy!

To make your submission, email communications@stjohnsstpaul.org *before* next issue's deadline of :

Wednesday, October 12
Thank you!

St. John the Evangelist Episcopal Church

Clergy

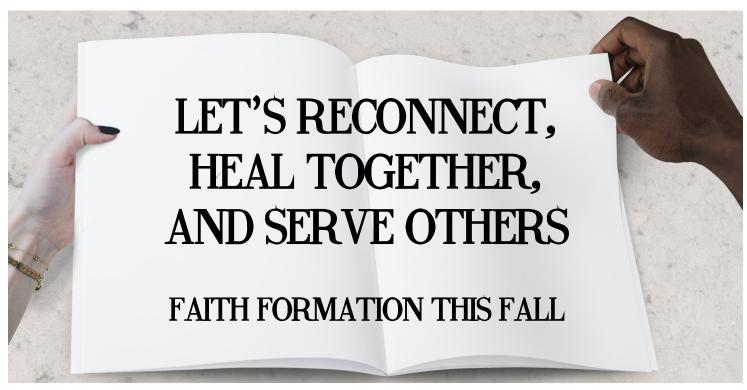
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By the Rev. Craig Lemming, Associate Rector

The Faith Formation Commission's parishwide Racial Justice and Healing Survey that was distributed electronically in Lent yielded thoughtful, courageous, vulnerable, and deeply compassionate responses from our faith community. The overwhelming majority of responses encouraged our Faith Formation Commission to continue building on the work we began with Stephanie Spellers' *The* Church Cracked Open in January as we continue our commitment to the Diocesan Priority of <u>Justice</u>: Becoming the Beloved Community. Our Faith Formation programming this Fall has been curated in direct response to the qualitative data we studied from the survey and as I reflect on the challenging work ahead of us, I remembered the wisdom of Arthur C. Brooks, who writes the column, "How to Build a Life" for The Atlantic.

As I preached in my Lenten sermon, Brooks' research draws on social science, philosophy, biography, theology, and eastern wisdom and proves that striving for power, money, pleasure, and prestige eventually leaves us feeling deeply unhappy, disconnected, lonely, bitter, and irrelevant. When we choose instead to love our faith, family, friends, and work that serves others, our lives become deeply satisfying and meaningful. Brooks reveals that when we strive to get power, get money,

get pleasure, and get prestige, we use people, love possessions, and worship ourselves. But when we give ourselves generously to our faith, our family, our friends, and to work that serves others, we love people, use things to love and serve others, and we worship God alone.

St. John's is where we invest our time, expertise, presence, and finances in ministries with and for our families and friends to deepen our practice of the Christian faith while loving and serving others. As our Faith Formation programming partners with the Holy Spirit "to build us up in the knowledge and love of God," we can only learn how to be a source of God's life-giving love, grace, and compassion by gathering regularly and connecting deeply with one another to learn what Scripture, Reason, and Tradition teach us about how Christ is calling us to become God's Beloved Community today. As we continue to gather safely in person and online in our current phase of the pandemic, I pray that Sunday Faith Forums will be a place for us to reconnect regularly so that, in the words of Paul's Epistle to the Romans, we can be transformed by the renewing of our minds, so that we may discern what is the will of God.

St. John's is indeed a marvelous place to renew our minds. Our survey data acknowledged this, and it

also called our Faith Formation Commission to start leading our community into *embodying* our intellectual learning. As we join faith communities across our diocese in deepening our commitment to justice and healing, embodying our Christian faith calls us to do what local author, psychiatrist, and trauma healing specialist Resmaa Menakem calls somatic healing. All bodies – bodies of all skin colors – hold deep within them trauma caused by racialized violence that is generations deep. Menakem writes,

Paradoxically, only by walking into our pain or discomfort - experiencing it, moving through it, and metabolizing it - can we grow. It's how the human body works. Clean pain hurts like hell. But it enables our bodies to grow through our difficulties, develop nuanced skills, and mend our trauma. In this process, the body metabolizes clean pain. The body can then settle; more room for growth is created in its nervous system; and the self becomes freer and more capable, because it now has access to energy that was previously protected, bound, and constricted. When this happens, people's lives often improve in other ways as well... experience that clean pain in order to let yourself heal.[1]

As we reconnect and learn how to heal together, we do this so that we can go into our homes, workplaces, schools, grocery stores, community meetings, and cultural events to be healers in our neighborhoods and in the world. The Twin Cities, the nation, and the world are aching to be reconciled into right relationship with ourselves, all of our neighbors, with God, and Creation. At St. John's we can be formed, healed, and empowered to be God's agents of courage and compassion, hope and healing for such a time as this.

Come to Sunday Faith Forums in the Fireside Room or on Zoom from 9:00 to 9:50 a.m. to reconnect, to learn how to heal, and to be well resourced to serve others. As we come together to do this labor of love, hold fast to this exquisite sentence from *A General Thanksgiving*:

We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

- The Book of Common Prayer, 836

[1] Resmaa Menakem, My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies (Las Vegas, NV: Central Recovery Press, 2017), 20.

COLLABORATING FOR JOY AND JUSTICE

By Nancy Oliveros, founding violinist of the Artaria String Quartet

Recently, the Artaria String Quartet, musicians-inresidence at St. John's, made history by bringing students of the Artaria Chamber Music School (ACMS) and students of neighboring Walker West Music Academy together to give the premiere performance of a new work, "The Joy Diptych," by composer and social activist, Anthony R. Green (b. 1984). Joy was in the air from the start of the first rehearsal at St. John's to the final notes in Sundin Music Hall at Hamline University on February 5, 2022. Commissioned by the Artaria String Quartet to honor Black History Month "The Joy Diptych" is a ten-minute work written for Artaria and string orchestra comprising intermediate and beginner parts. Advanced high school chamber musicians from ACMS performed the intermediate parts and Walker West's talented middle and high school-age Kamoinge String Ensemble performed the beginner parts, prepared in advance of the first rehearsal by Walker West's artist/teacher Earl Ross.

The first performance of "The Joy Diptych" was a great success owing to a masterful composition and neighboring schools coming together to forge

unified bowings and fingerings, precise tuning and entrances, and above all, expressing our joy together through music. I am grateful for the generous expertise of my colleagues in the Artaria String Quartet; our admired musical colleague and friend, Earl Ross; the camaraderie of the ACMS and Walker West students; and the open doors of St. John's to provide space for our rehearsals.

How It Came About

We've been wanting to do a collaboration with Walker West for years, connecting with groups of Latinx and Black students and with parts of the community who don't normally come to our concerts.

In February 2021, a year before the piece premiered, we sought a state-funded MRAC grant in order to commission a new work. The whole idea was to connect the resources of Artaria Chamber Music School with the resources, director, and faculty of Walker West.

We were looking for a Black living composer who would write for us. We had played another of Anthony Green's string quartets, and thought it would be great to commission a new work from him. We told him that we needed a piece where Artaria would be the artist centerpiece and the students would play their own parts, three different entities combined together. It would represent something we all believe about the power of music. "Music is known to be a powerful force for healing and for bringing people together," says Ray Shows, Artaria violinist.

Using Our Own Gifts for Justice

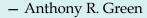
The murder of George Floyd in 2020 is "what woke us up," says Ray. "Our mission changed." The Artaria String Quartet is now committed to using our gifts of music and our platform to stand for justice and equality. We are now including music of persons of color in all of our performances, and our national competition includes a mandatory BIPOC composer. The Artaria Chamber Music School is also focusing on being inclusive, and opening up our repertoire that we are teaching.

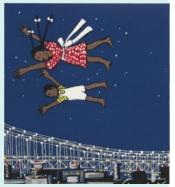
Going forward, we are deepening our connection with St. John's through our music programs and continue to share their mission of pursuing a more just world together.

NOTES FROM THE COMPOSER

In the visual arts, a diptych is usually conceived of as two separate pieces cohesively belonging to the same work of art. For "The Joy Diptych," I used the idea to create a two-movement work with each movement inspired by a painting.

Movement one is based on "Tar Beach Woodcut" (1993) by Faith Ringgold. This dream-like painting is full of a subtle, quiet joy. Movement two is based on "Jitterbugs III" (1941) by William H. Johnson. The joy from these two dancers is infectious! Therefore, I composed a fast dance-like movement in a complex 7/8 time signature, and I imagined these two dancers moving and twirling to this new music as I composed it.









NEW FACES, NEW ROLES

Meet some of the new staff starting this fall, as well as folks you already know taking new steps in their career and discernment.

MARC LANDEWEER, SEMINARIAN



What are your duties here at St. John's?

I will be assisting with worship, liturgy, pastoral care, and preaching.

What was something restorative you did this summer?

Breakfast with colleagues along Lake Harriet.

What's a topic you always love to chat about?

The intersection of faith and science. How does our reality reveal or reflect the nature of God?

How would you sum up the gospel in one sentence?

A multi-narrative, mind-blowing account of a Three-in-One God's journey of becoming embodied in God's/His/Their own creation! Five stars! Highly Recommended Read!!!

What are your hopes and dreams for this coming church year?

To grow in faith while moving away from pandemic church and re-engage with new and old wisdom.

CHRIS TEGELER, SEXTON



What are your duties here at St. John's?

I take care of the building and grounds, including cleaning, mechanical maintenance, and room set-ups.

What was something restorative you did this summer?

I spent a week with my family at a rented cabin outside of Ely.

What's a topic you always love to chat about? I can always talk fishing.

How would you sum up the gospel in one sentence?

"Love one another as I have loved you." Jesus' words of love match his loving and forgiving behavior. I believe the core message of the gospels is to imitate his model and love one another as he has loved us.

What are your hopes and dreams for this coming church year?

To build habits that will help me support St. John's and its staff as much as possible while renewing and beginning new relationships with parishioners.

KAT LEWIS, MEDIA COORDINATOR



What are your duties here at St. John's?

I help run the live stream, facilitate hybrid events and ministries, provide tech support, and help out with communications.

What was something restorative you did this summer?

I went on a road trip with my best friends to New Orleans to visit my siblings! It was so nice to connect with them after not seeing them for so long.

What's a topic you always love to chat about?

I could go on and on about food and cooking, I love to experiment with different cooking styles and make new recipes.

How would you sum up the gospel in one sentence?

It is our duty to love and serve one another.

What are your hopes and dreams for this coming church year?

I hope that we are able to connect people in ways that are meaningful and creative at St. John's by strengthening our hybrid ministry.

JENNIFER SYLVESTER, STAFF SINGER



What are your duties here at St. John's?
I share my musical expertise and provide leadership to the second soprano section.

What was something restorative you did this summer?

I did lots of gardening and got a lot of exercise.

What's a topic you always love to chat about? My animals!

How would you sum up the gospel in one sentence? Love God and love your neighbor as yourself.

What are your hopes and dreams for this coming church year?

Experience weekly musical community in church.

NATHAN BLACK, POSTULANT FOR HOLY ORDERS



What are you doing this year?

I'm in the formal process of preparing for ordination to be a priest in the Episcopal Church.

What was something restorative you did this summer?

I've been able to go on several camping trips and I just returned from a beach vacation in Santa Cruz.

What's a topic you always love to chat about?

I love deep conversations about theology, meaning -making, hope, and Love.

How would you sum up the gospel in one sentence? You are God's beloved.

What are your hopes and dreams for this coming church year?

I'm hoping to become even more integrated in the history and liturgy of our church while also building more relationships and getting involved in how we are living out our calling today .

SAM JOHNSON, STAFF SINGER



What was something restorative you did this summer?

I just got back from a kayak trip around Isle Royale. It was beautiful.

What's a topic you always love to chat about?
Sustainability!

How would you sum up the gospel in one sentence?

A collection of divinely inspired insights on one life dedicated to radical love changing the world.

What are your hopes and dreams for this coming church year?

I'm just looking to help my fellow musicians express profound and sublime music so all attending can find fulfillment in being present.

JENNY KOOPS, POSTULANT FOR HOLY ORDERS



What are you doing this year?

I am seeking ordination as a Deacon. During my first year, my primary responsibility is to pray, listen, and look for the Holy Spirit.

What was something restorative you did this summer?

Stayed at a cabin with some dear friends, waking up each day to the loons calling.

What's a topic you always love to chat about?

I love talking about small town life and culture.

How would you sum up the gospel in one sentence?

God's revelation to us that the world of justice, love, and redemption we ache and long for is available to us because of the life, death, and resurrection of Jesus Christ, and we as God's people are called to work to bring about that world.

What are your hopes and dreams for this coming church year?

I want to be sure my ministry is first rooted in prayer, and hope to find some new (to me) prayer practices and resources this year.

RECONNECTING WITH CREATION, RECONNECTING WITH EACH OTHER



A VISIT TO WANA & TENG'S FARM

By Suzanne McInroy

On July 24, about 25 St. John's parishioners headed to Forest Lake, Minnesota, to visit the farm run by Wana and Teng, two growers who sell produce at the St. John's-Holy Apostles Farmers' Market.

Wana's parents, who were members of Holy Apostles, had a farm in Rush City, Minnesota, and had sold produce at the farmers' market since it began. Eight years ago Wana's mother passed away and Wana and Teng said they would continue also farming the 80-acre land in Rush City. On top of her full time job, Wana visits the farm about once a week to take care of everything.

In July, Wana's father also passed away. It has been hard for Wana and her siblings, who all miss their parents dearly. Wana said she enjoys being on the farm because it makes her feel closer to her parents, but she knows that the memories of them make it more difficult for her siblings to be there.

About the time Wana's mother passed away, Wana and Teng also took over selling produce at the market, and got to know some of the St. John's volunteers. Their friendships with Linda Lindeke, Barbara Lindeke, and Cammie Beattie led to yearly

visits to their farm, and this year they opened it up to become a fun afternoon for many parishioners.

We enjoyed food and fellowship before also walking the grounds of the family property to see where some of the crops are grown. "Thanks be to



Barbara and others who guide our Fields to Families ministry for making this happen," said attendee Jill Thompson afterwards. "And prayers and thanksgiving for Teng, Wana, and their four boys, who were SO welcoming! I'm still thinking about the joy that spread throughout all who were there."

Outdoor gatherings this summer brought parishioners closer to their community and to nature in spiritual, intentional ways.





EARTH, CHILDREN, AND FIRE: A SUMMER OF FUN AND SERVICE

By Katie Madsen, Director of Children, Youth, and Family Ministry

This summer the children of St. John's gathered once a month for Creation Camp. These joy-filled days centered around stories of faith and creation.

In June we planted a wonderful pollinator garden after church one Sunday with the help of the Creation Care team.

In July and August, we looked at water and fire and their role in so many important bible stories. Learning more about these elements led to fun, creative crafting and service projects.

In July we tie-dyed, made underwater snacks with gram crackers and frosting, and painted our sewer drains to remind people that they lead to our river.

August had us painting rocks, sending balloons flying in the gym to help us understand the crazy movement of the Holy Spirit, and leaving sidewalk messages of love and welcome to others.

Until late last year when vaccines were made available to our youngest members, families had mostly been staying away from the church building itself. For the last two years, summer (with its opportunities for outdoor gatherings) has been one of the few times that the children of St. John's have been able to safely reconnect and learn together in large groups.

Seeing so many families join us for these offerings was delightful. It felt like returning to camp each summer and seeing our long lost friends again.

I am excited for everything that fall will bring and I hope the families of St. John's are



too. We understand that we have all been out of practice with our Sunday routines, and so we are going to ease into the program year this year. While we will not formally begin Children's Formation until October, each Sunday in September after Labor Day will have something fun and exciting for the children of St. John's to welcome them back into this space and begin our amazing program year.



By Jamie Bents and Mary E. Johnson

THE FALLOUT OF DOBBS V JACKSON

For many people, the fall of Roe was shocking. Forty-nine years of reproductive freedom, gone. America's maternal mortality rate was already higher than most developed nations, spurred by high rates for black and brown women. Now pregnant people in the U.S. are even less safe: already, there are media reports about women forced to carry dead fetuses until the mother's infection rates reach "acceptable" levels for treatment and a 10-year old Ohio girl nearly forced to carry the child of her rapist.

As Christians who believe Jesus calls us to care for the poor, marginalized, and the sick, we can feel overwhelmed by this new reality and need somewhere to turn for pastoral well-being, support, and encouragement.

A SAFE SPACE

The Women's Group Gathering has begun offering a monthly space to gather and share perspectives about the Dobbs decision. Everyone who identifies as a woman, and everyone who has or had a uterus, is invited.

Twenty-three women gathered in-person and online on August 3. The vibe was one of enthusiasm, support, anger, collaboration, sadness, and solidarity among this intergenerational group deeply hurt by our country and its history of antiwoman laws, practices, and cultural norms.

Each person was invited to share what brought them to the gathering. What followed was sadness, fear, and anger. Several women harkened back to pre-1973, when the fight for reproductive freedom for women was on prior to Roe. We wondered how the current struggle would be the same and how it would be different.

Our next gathering will be Tuesday, September 6 at 7pm in the Fireside Room and on Zoom. At this gathering, we will invite participants to explore their personal impact from Dobbs. To respond to the Gospel mandate to stand with the vulnerable and the powerless, we must know who we are and where we are rooted.

CALLED TO STAND WITH THE VULNERABLE

Within the group there was much anger and grief about facing a world where you, your family, and your friends have lost constitutional rights, and their lives are at risk. This loss, this anger, this pain fueled plenty of energy in the group for "doing." There were calls for activism, especially as the primary and midterm elections are fast approaching.

Going forward, the group will explore the reproductive freedom and gender equity history in our country, in Minnesota, and in the Episcopal Church. This is the work of the Church: to support women's rights as human rights, and to oppose laws and structures that perpetuate the inequity of women. St. John's must be present to make meaningful change toward gender equity, both inside and outside our doors.

Subsequently, we will identify potential action partners, action opportunities, and gender equity information across the St. John's community.

Please join us in prayer for guidance—for ourselves, for the church, and for the judicial and legislative arms of our government.

JOIN THE WORSHIP TEAM!

Help make Sunday mornings happen! Contact the addresses listed below to volunteer or learn more.

Adult Choir: richard.gray@stjohnsstpaul.org

Media Team: media@stjohnsstpaul.org

Ushers: jolsen4338@gmail.com

Greeters: getconnected@stjohnsstpaul.org
Readers & Vergers: rlinehan@gmail.com
Coffee Hour: gphagstrom@gmail.com
Altar Guild: powerdianep@gmail.com

GIVING

St. John's mission and ministry is more vital now than ever before. In 2021, your gifts helped provide training for new lay pastoral caregivers who will care for those in our community.

Please support this effort, as you are able, by continuing to make your pledge payments or by making an offering today. To give online, <u>click</u> <u>here</u> or text 651-273-0753 with the amount you'd like to give and where you'd like the funds to go; e.g. "\$100 Pledge2022." Thank you!

WORSHIP

Sundays: 8am Rite I Eucharist in the Church;

10am Rite II Hybrid Eucharist in the Church and on YouTube at www.tinyurl.com/youtubeSJE.

Monday-Saturday: 8am Morning Prayer at www.facebook.com/MorningPrayerSJE

followed by Coffee Hour on Zoom.

Thursdays: 7pm Compline (Night Prayer) in the Church and on YouTube at www.tinyurl.com/youtubeSJE.

Beginning Thursday, September 8

HAPPY BIRTHDAY TO...

Have your address or phone number changed?
Is your birthday missing or incorrect?

<u>Log on to My St. John's</u> to update your records.

SEPTEMBER

- 2 Jill Thompson Sarah Garceau
- 4 Samuel Clary Max Reeher Henry Hennessy
- 5 Christa Rutherford
- 6 Rachel Clark
- 7 Bradley Clary
- 8 Paige Hagstrom Lyra Olson
- 10 Eli Brown
- 11 Greta McCann
- 13 Mary Ann Dailey Wendy Olson Hanna Stenerson
- 14 Ava Ebenhoch Finn Gjerde
- 16 Barbara Snowfield
- 17 Shirley Cooper Linda Ebeling
- 18 Chelsea Loch

- Chelsea Olson
- 20 John Phelan Zach Sheffert
- 21 Sylvia Berndt Michael Garceau Danielle Fairbault Parish
- 22 Shirlee Gooch Lynn Hertz Devin Bruce Oliver Powers
- 23 David Wellington Benjamin Clary
- 24 Don Weinkauf
- 26 Gil Lautenshlager
- 27 John Lawyer
- 29 Mary Gilbertson
- 30 Jack Sand

OCTOBER

- 1 Tessa Johnson
- 2 Caroline Lightner Emily Hodgson
- 4 Juanita Janeczko
- 5 Aidan Quinn
- 7 Otto PaierAmy GjerdeSkyler Rosendale
- 8 Daniel Vogel Nora Howie
- 9 Jay Clark Tara Ebenhoch
- 10 J. Bradner Smith Julia Debertin
- 13 Linda Stack-Nelson
- 14 Terri Fishel
- 15 Beverly Finley Carrie Keillor
- 16 Cecelia Wall Julia Garceau
- 17 Deborah Longley

- 19 Shelley Andrew Carly Loch Calvin Watkins Pinky Watkins
- 20 Annette Swanson Josh Hogan
- 21 Bradford Parsons Nathan Black
- 22 Meredith Tessier Jaime Erbach Stella McCann
- 23 Judy Southwick Edwin Stieve Brittany Olson London Playford
- 24 Lisa Henry
- 25 Jessica Berry Thomas Rinkoff Lincoln Olson
- 27 Michaela Allen
- 28 Aidan Schmidt
- 29 Lee Larson Laura Nicholson
- 30 Richard Gray

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THE EVANGELIST

SEPTEMBER/OCTOBER 2022

It was an honor and a delight to have guest preacher Trevon Tellor with us at August's Racial Reconciliation and Healing Holy Eucharist.

To read or watch their sermon in honor of W.E.B. DuBois, check out our website or scan this QR code:



